

Abstract

Title:

The most common aerobic injuries, their prevention and follow rehabilitation.

Objective:

The aim of this thesis is find and introduce main type of injuries, frequency and lenght of the recovery of aerobic competitors of I., II. and III. FISAF class. Asses injuries and find oue preventive measures used by competitors.

Methods:

In this diplome thesis was used literary review in theoretical part of thesis and metod of written questioning was used in non-standatdized questionnaires. This method was used to analyse the most common injuries, preventive measures before injury and find out competitors experience with physical therapy The questionnaire was distributed to 21 aerobic clubs wich contest in 1st, 2nd and 3th aerobic FISAF class. For data analysis softwere was used Microsoft Excel for Windows 2013.

Findings:

Acquired data showed that in season of 2016 was injured 91 competitors of 157 participant researchers. The most common area of injury aerobics FISAF competitors of 1st, 2nd and 3th class was in 57% pelvis and lower extreminty area. Detailed analysis showed that 24% of injury was in the ankle joint. It was founded 56% injuries happend during training practitions. 74% competitors, said, that they are using preventive measures during practising. 65% of whole competetors has previous experience with physiotherapy.

Keywords:

aerobic, sport, injury, prevention